

July 20, 1999

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1741 '99 AUG-3 P124
2495 '99 AUG-3 P124

Food & Drug Administration
5600 Fishers Lane, Room 1471
Rockville, MD 20857

Jane Henney, M.D. Commissioner.


Please immediately approve claims filed for the following:

1. Supplementary intake of **follic** acid, vitamin B6 and vitamin B12 reducing the risk of cardiovascular disease. Cardiovascular disease is a serious threat in America today.
2. Daily use of Saw Palmetto extract to improve urine flow and reduce nocturia and voiding urgency associated with mild benign prostatic hyperplasia. At 79 years of age, I have used it for more than five years, it works; too bad, I didn't have it at 40 years of age.
3. Psyllium seed husk used as a dietary fiber supplement may reduce the risk of heart disease. Heart disease is a serious threat in America today.
3. Supplemental vitamin E to aid in the prevention of cardiovascular disease.

The wonderful thing about all of the above, is that they do help, and they do not have 25 side effects as many drugs. Many times the side effects are worse than the original disease being treated.

The FDA comes across as one more bureaucracy that pays no attention to the needs of the public, is in love with it's self and is in the pocket of the big Drug companies.

It is time you did some serious work on your image.

Yours truly 
John Showalter

99P-3029

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CROSS FILE SHEET

File Number: 99P-3029/c60

See File Number: 99P-3030/c60